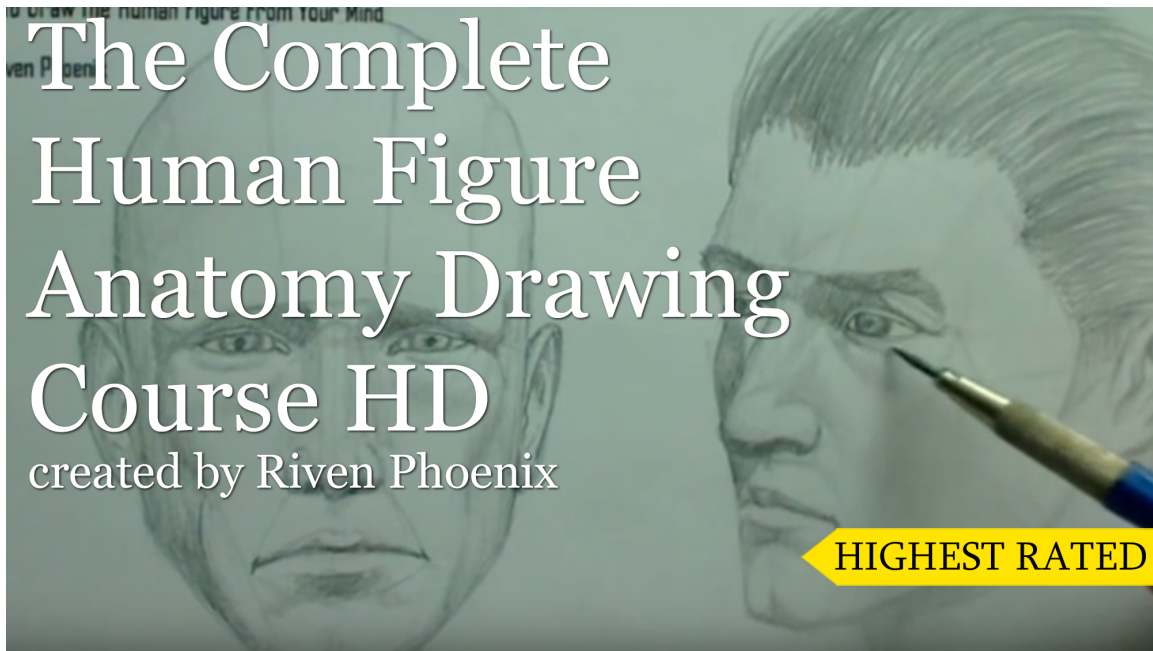


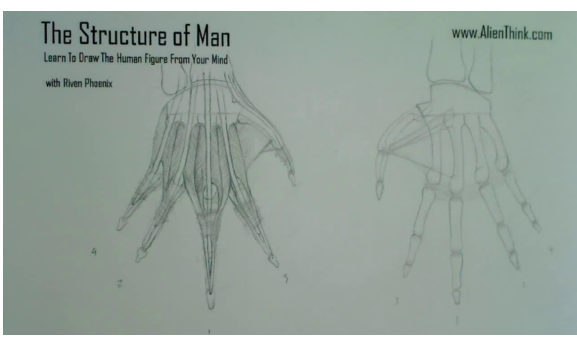
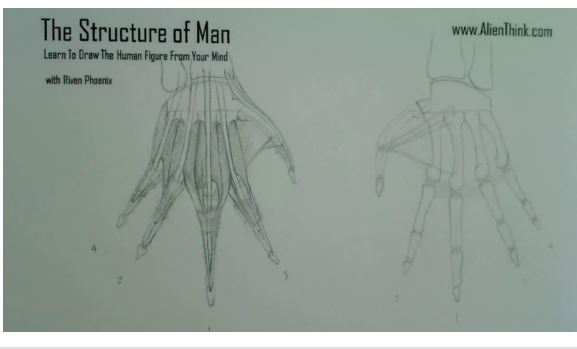
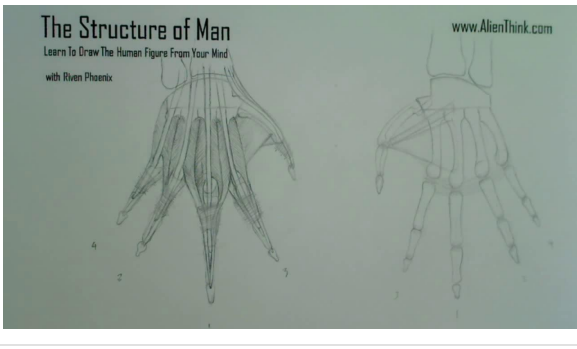
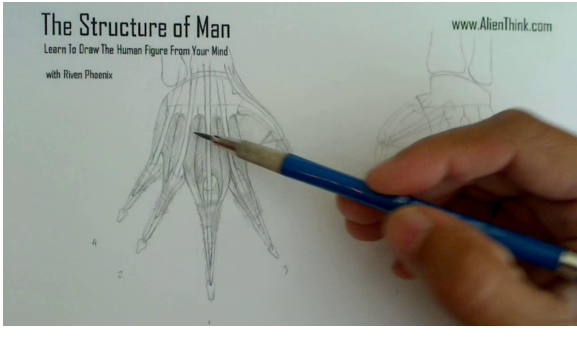


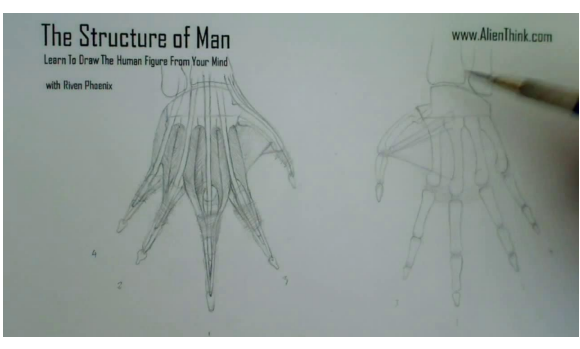
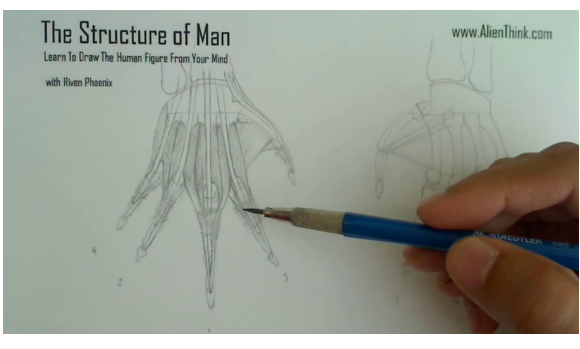
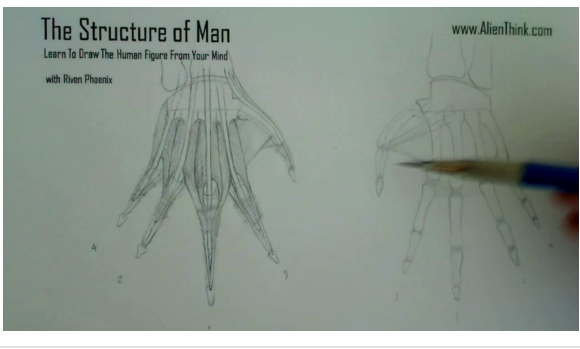
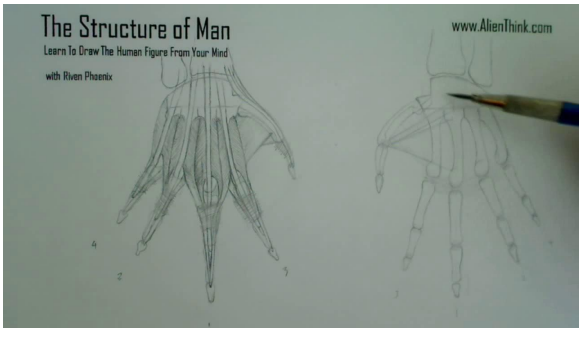
The Structure of Man

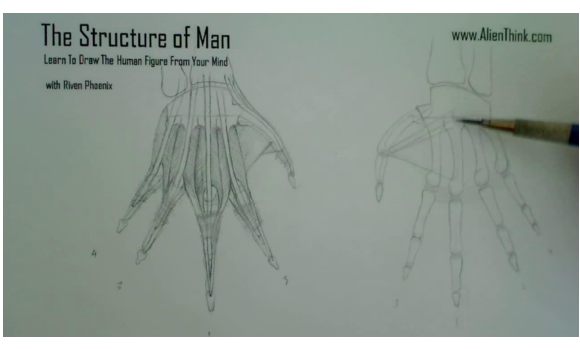
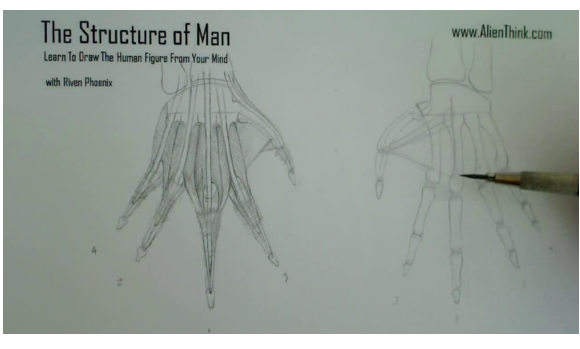
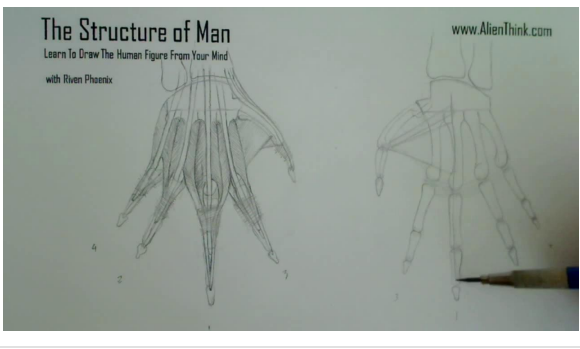
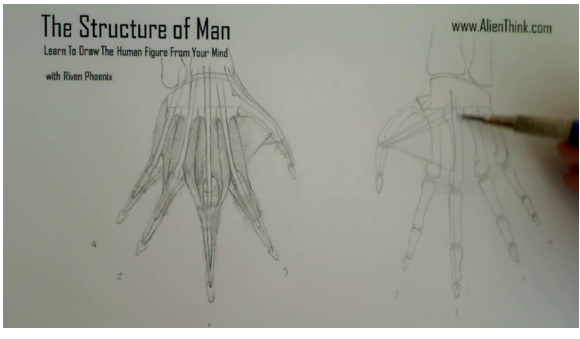
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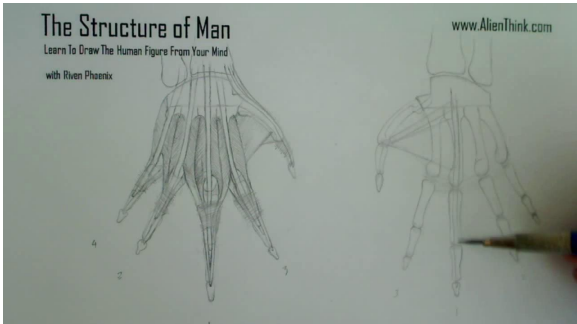
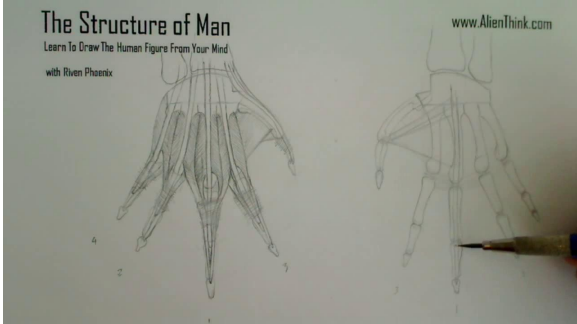
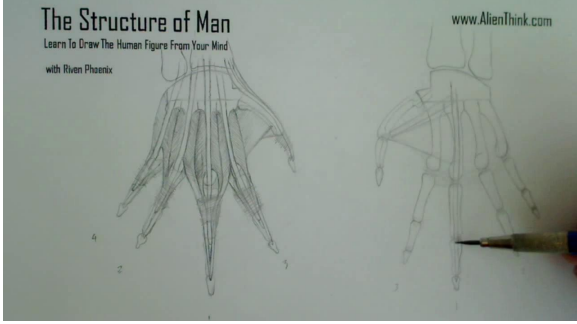
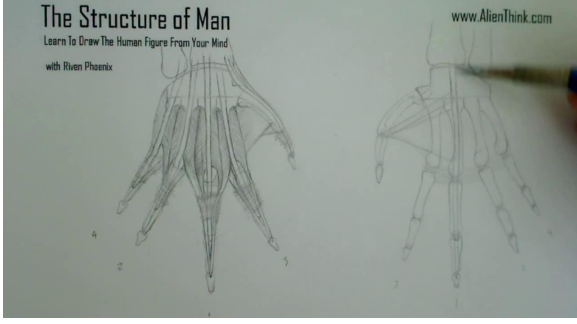
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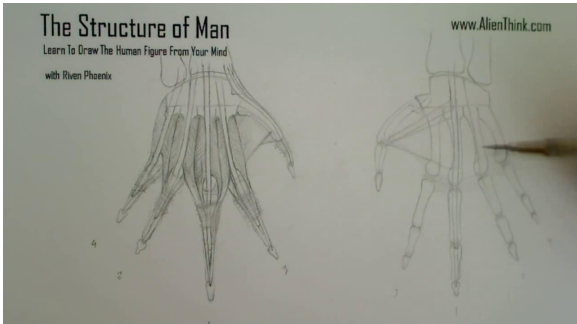
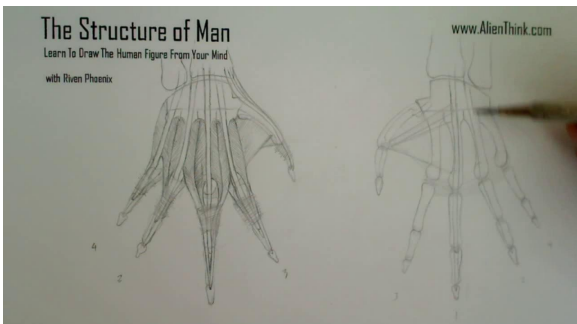
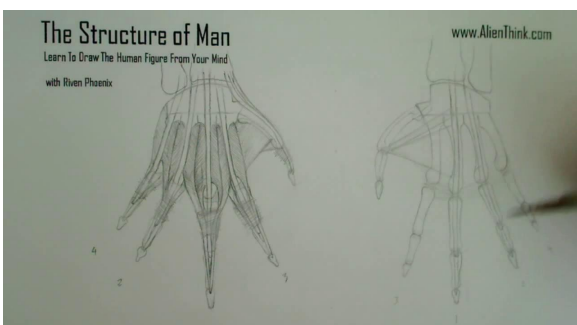
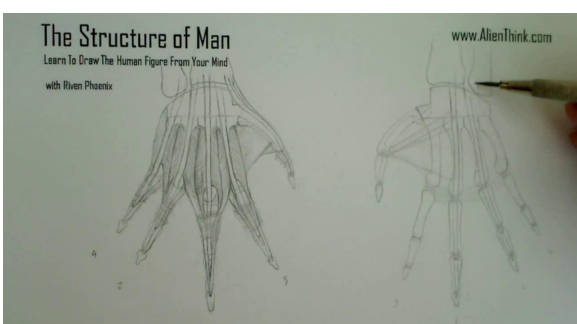
Figure Drawing Lesson 160 - The Muscles of the Hand -
Part 5

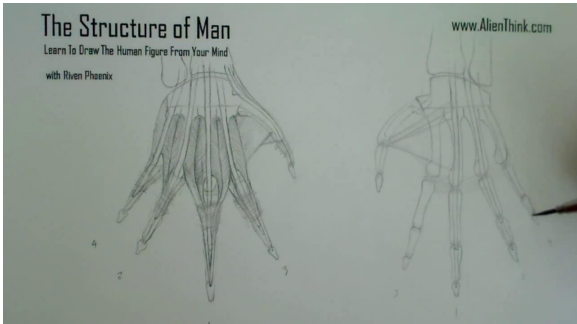
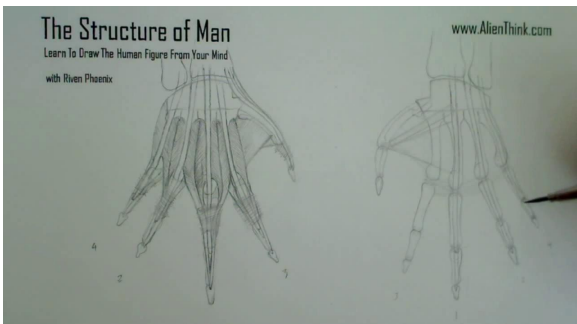
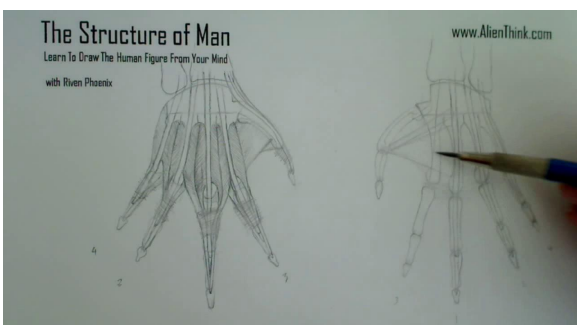
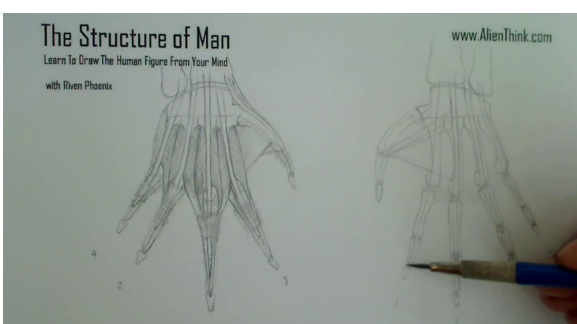
1		Hey guys, my name is Riven Phoenix and welcome to the structure of Man Learned to Draw
2		the Human Figure from your mind training course.
3		Okay, so in the previous lesson we basically wrapped up the understanding that we needed
4		for all the muscles and all the stuff that was really going on in the top of the hand.

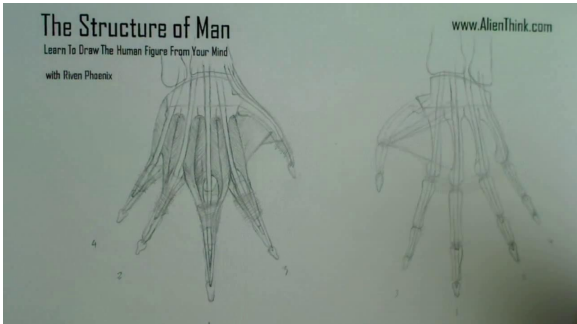
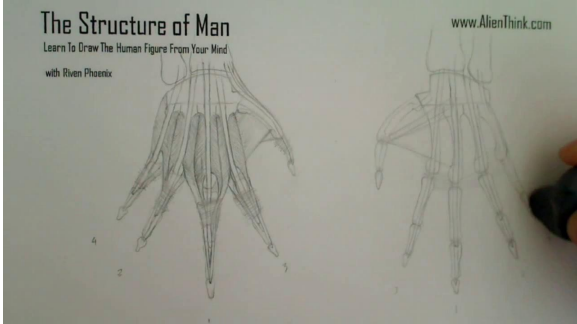
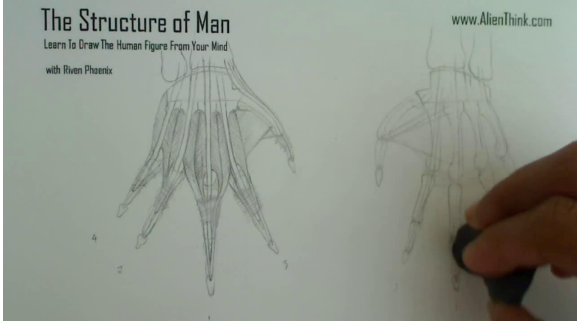
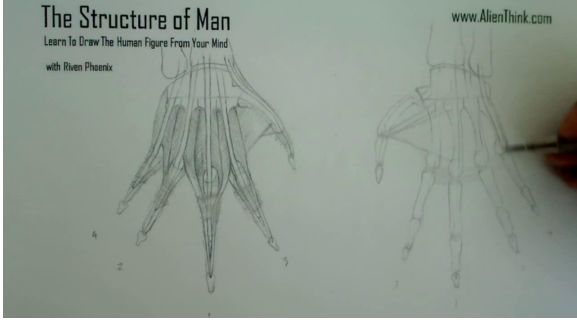
5		So now we're going to understand the bottom of the hand and all of this stuff is going
6		start to make sense. So to do that we first are going to understand the police system
7		just like we did over here for the top of the hand over here. So the first one, now I gain all
8		these police systems and now obviously going into the forearm muscles for the bottom that can

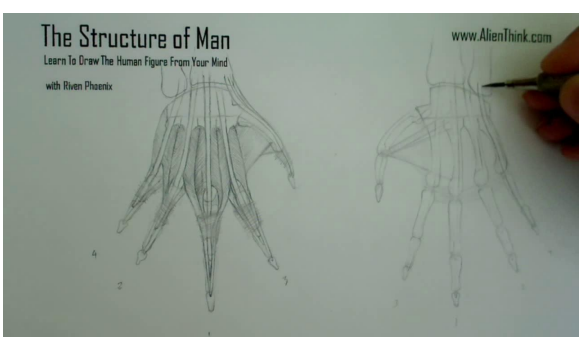
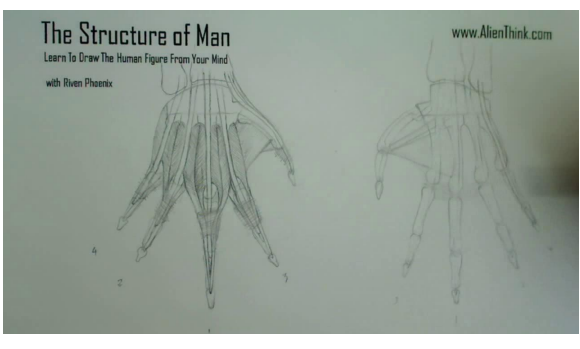
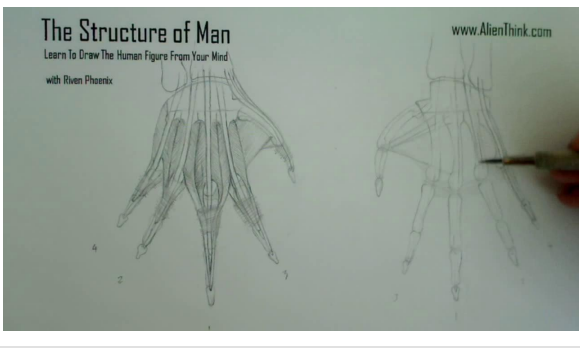
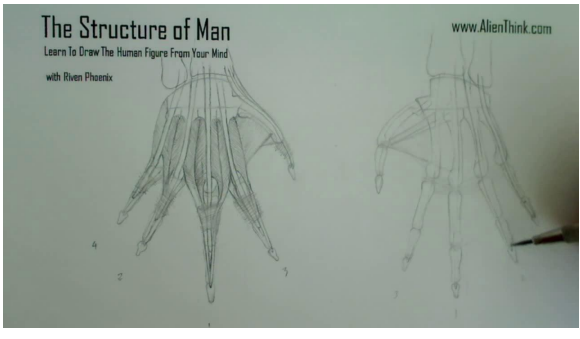
9		connect to the palm of the hand. So again we're just going to draw just these conceptually very
10		simply that they're going to go across this finger over here just like this and he's going to go
11		all the way down and here. Okay, so now the thing to note about this is that just understand
12		that there are two of these overlapping. So what happens is that when we add this police system

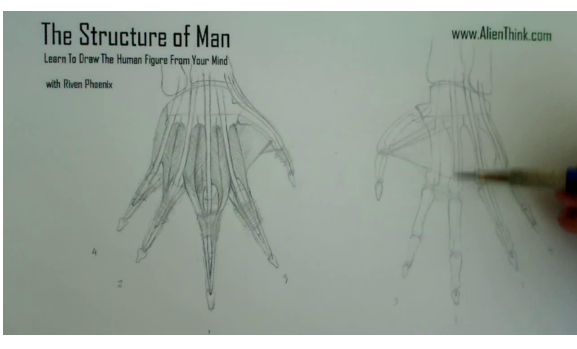
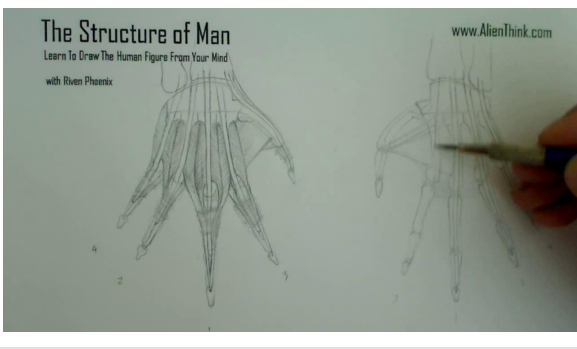
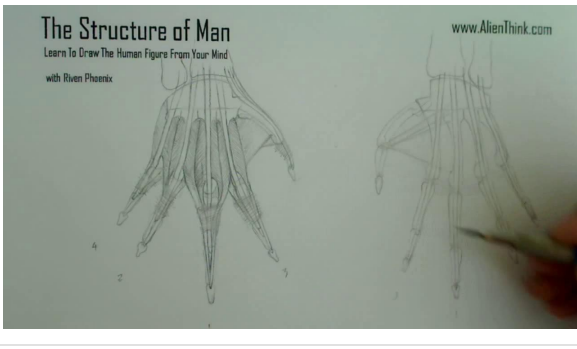
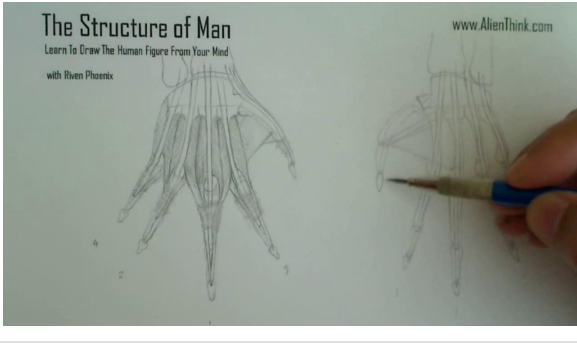
13		here, he's going to go all the way down. What's going to happen is that you're going to get another
14		one over here and he's going to attach over here. So they're really two overlapping, one stops here
15		and one stops here. Okay, so now I'm going to just just know that they went about their
16		business over there. Right, so here we'll just conceptually first put out these ideas.

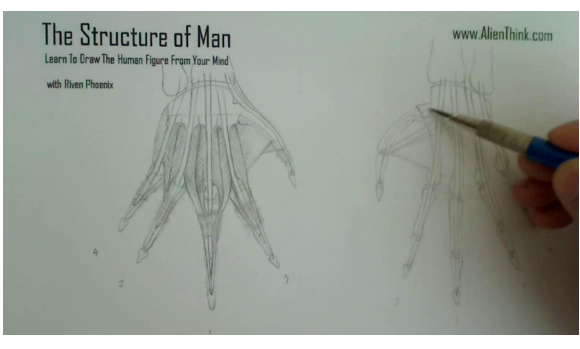
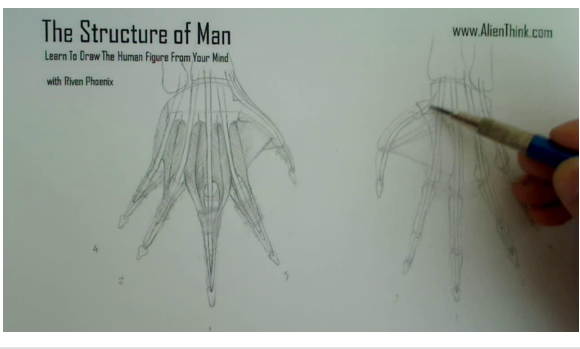
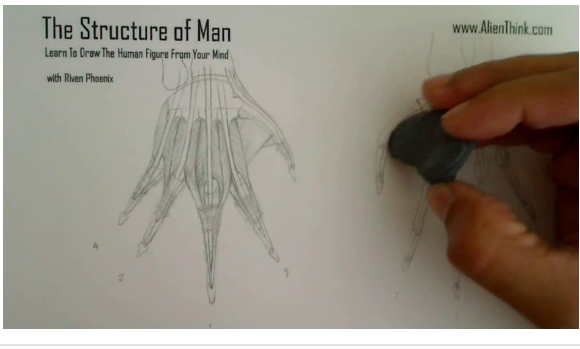
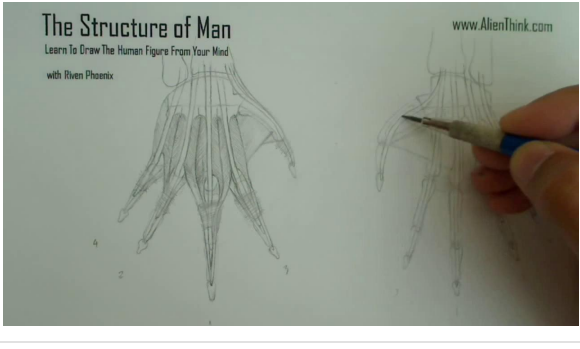
17		Right, that's the first thing. So first put it out and then come back in with the eraser
18		and just fill everything in so it looks clear. So here this is just going to do the same thing
19		and this one is going to end over here. Right, and then this one over here is going to be obviously
20		going to the side over here and he's just going to come over here like this over here and then

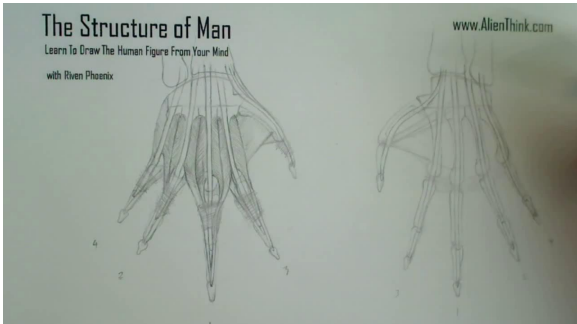
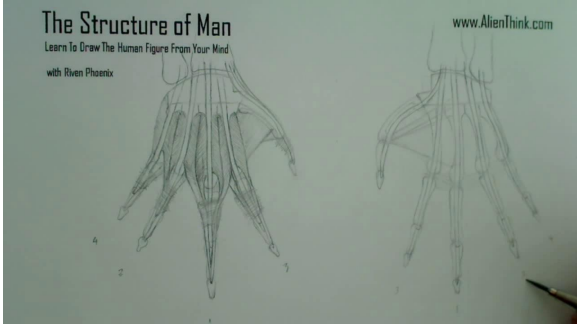
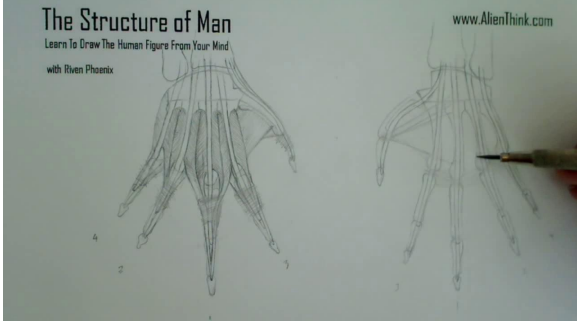
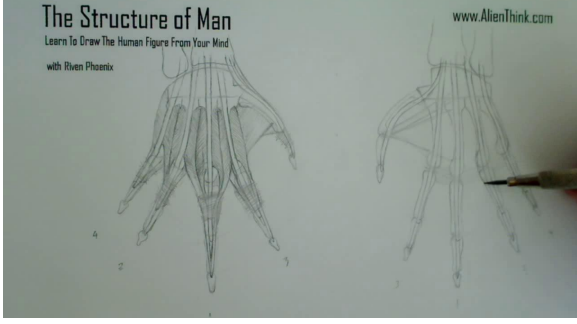
21		he's just going to vanish in there. Right, so it's a very easy system to understand
22		right and over here and then lastly we're going to get this guy over here. Now again this
23		this muscle is already overlapping the pulley system. Right, we just put that muscle to conceptually
24		understand something. Okay, about that muscle. So anyways, so once you get these muscles in,

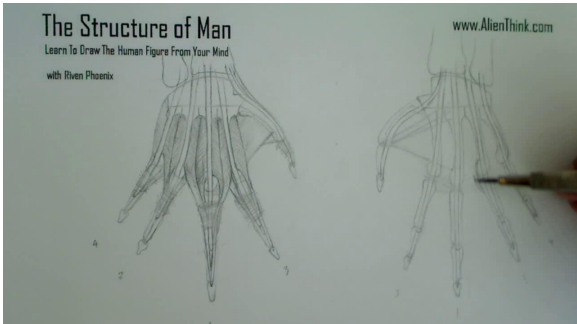
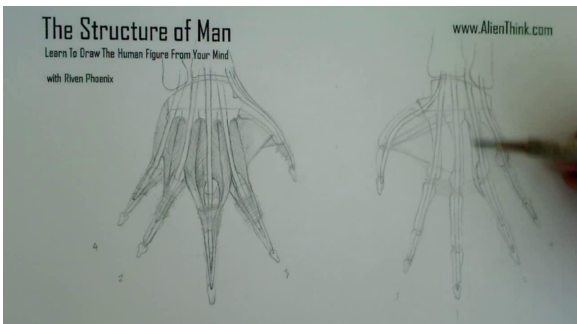
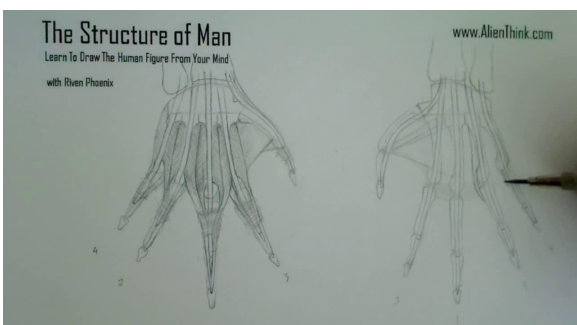
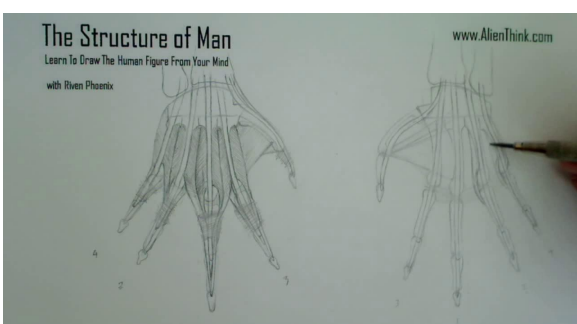
25		right, so now we're going to just simply erase the path of this. Right, so we can get rid of
26		some of these ideas that we put down originally and start to see this. Just lighting it up
27		over here just like this and here I'm just going to basically quickly trace over this
28		idea here. Right, so he comes down all the way.

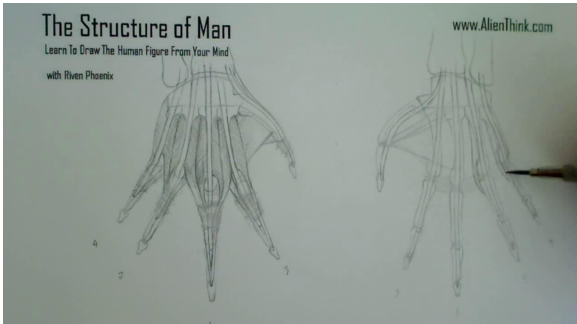
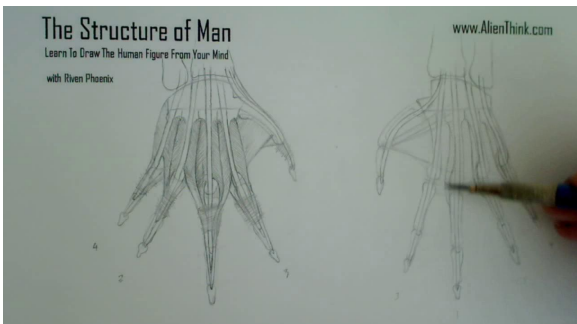
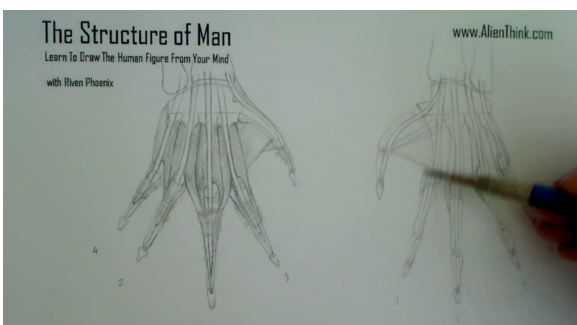
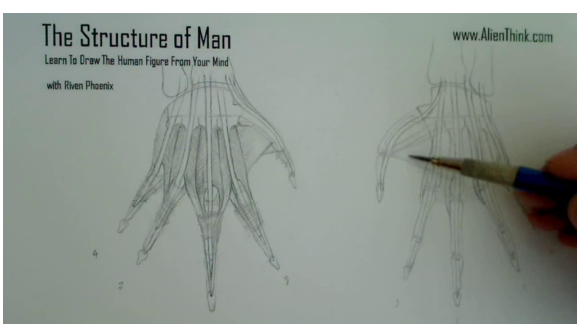
29		Right, so there are really no, this is like the only pulley system that's going to happen.
30		Remember when I do this, these are their tool puppies. Right, so these are, that's all that's
31		going on with the pulley systems at the bottom. But everything is going to happen on the top of the
32		hand that we just understood. Okay, so what happens is that

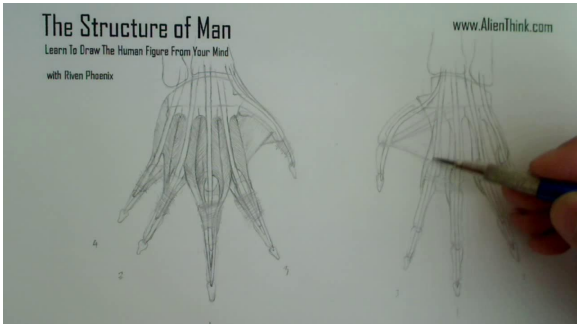
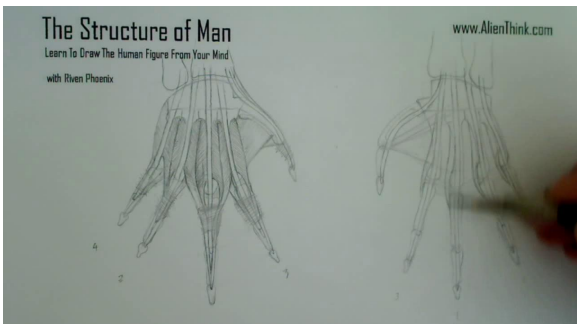
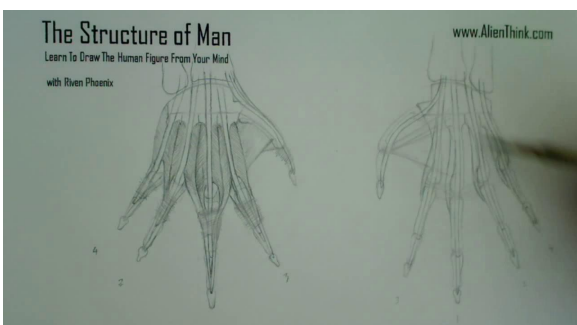
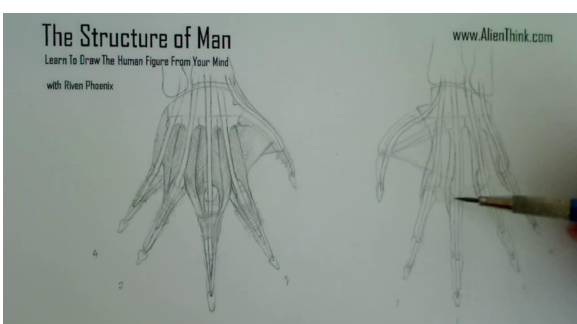
33		after I put this in, we're going to understand a pulley system for the thumb. Right, so on the
34		bottom, the thumb is also going to have a pulley system that's going to come out in the same way.
35		So here I'm just going to make these cuts showing that. Right, so on the bottom of the thumb,
36		you're going to get another pulley system that's just going to follow, follow its path over here.

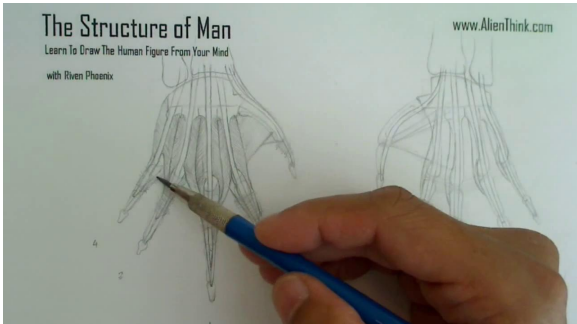
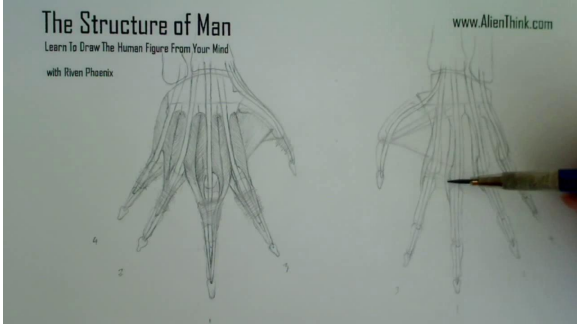
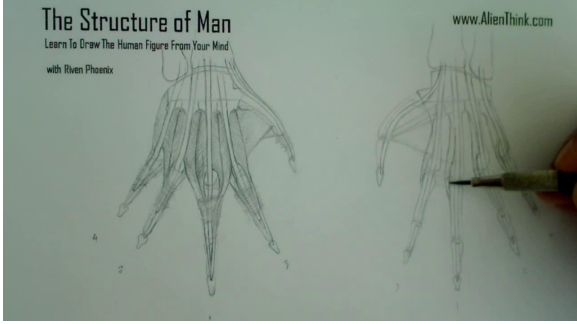
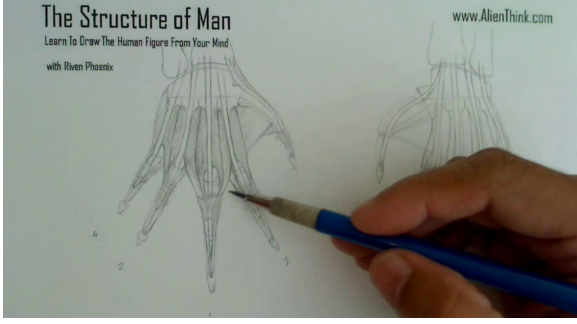
37		Right, and then to the carpal tunnel. Right, so that
38		and this will just go in here like this. Okay, so that's the first thing to understand
39		about the bottom as to what's going on at the palm area. So now we want to understand, okay,
40		well, what about those muscles from the top that was, that were coming from the bottom.

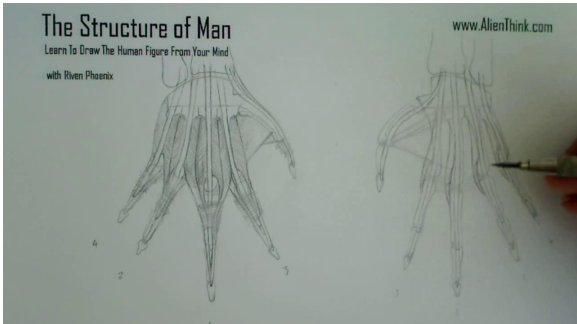
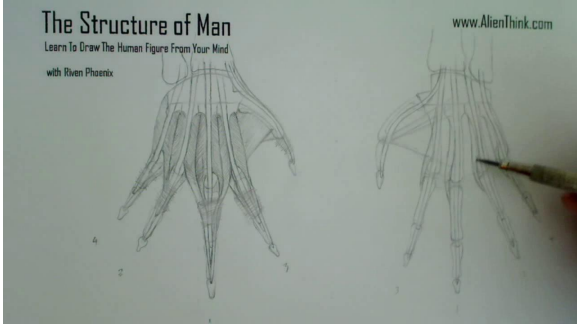
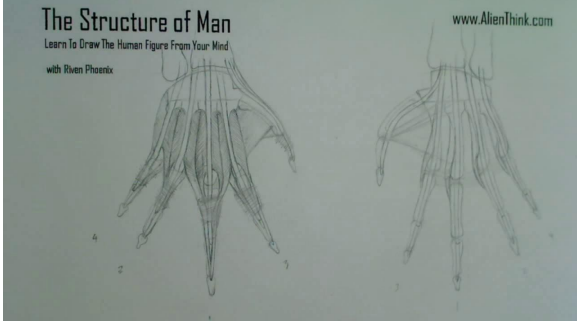
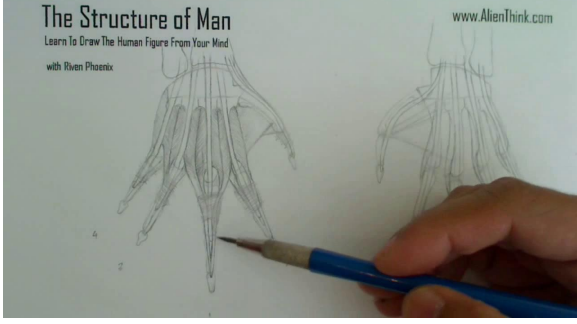
41		So let's, this, this means that we have to flip the hand, right? So this is two, this is two
42		over here. So you can see that this is the muscle that came from the, the, the bottom. So meaning
43		that from here, what's going to happen is that we're basically going to get that muscle, he's
44		going to go on top, right, we're flipping the idea around over here, right? So this is why he's

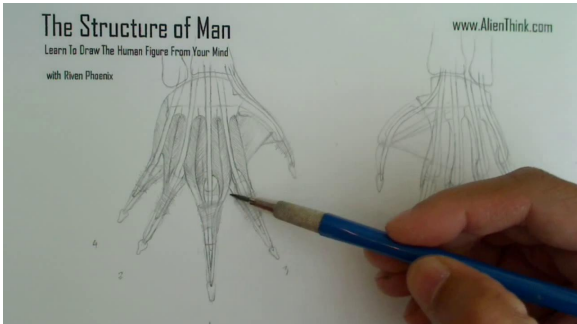
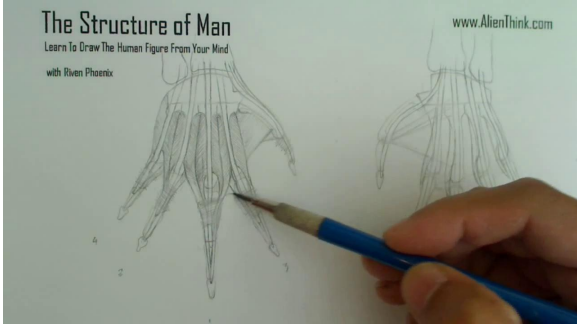
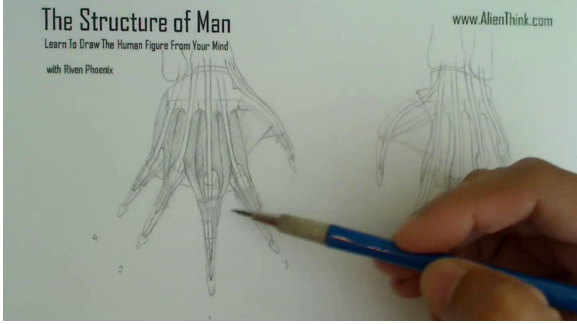
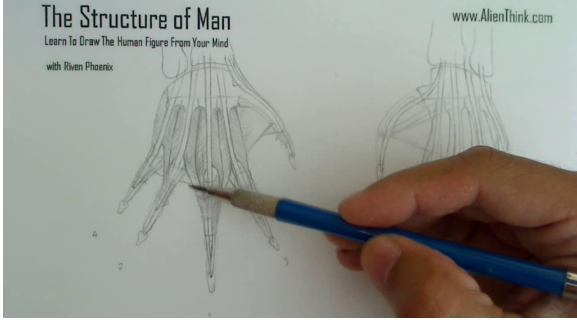
45		just going to go on top like this. And again, you're just going to get this muscle over here,
46		just like this, right? So what happens to this end, it's going to be the same thing, he's going
47		to go, it's just going, these muscles are just going to be like the same concept over here,
48		right? But they are these pulley systems, again, part of, part of the whole network,

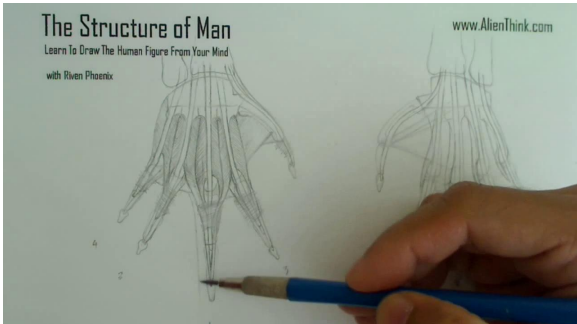
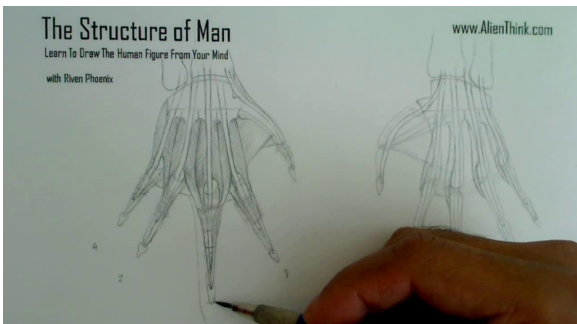
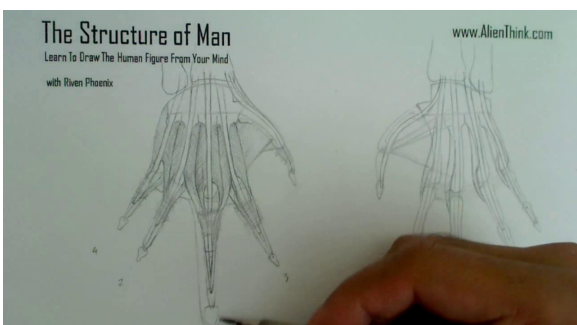
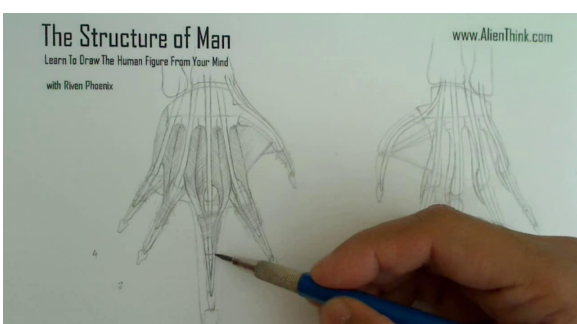
49		and they're going to go over here, and he's going to do the same thing too. He's going to go around
50		and go to the top over here, right? And then from here, this one is going to do the same thing
51		over here, and then go over here. Now the thing about this is that these are overlapping this muscle,
52		okay, this muscle that we put, these, these pulley systems, this pulley system here,

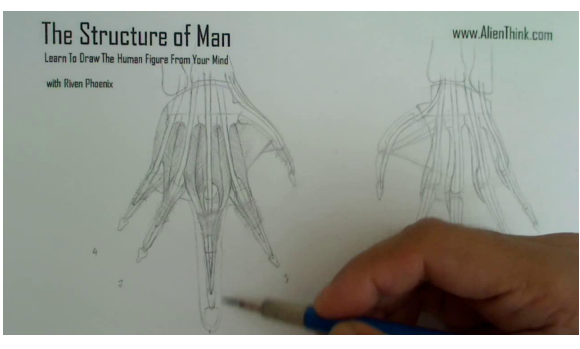
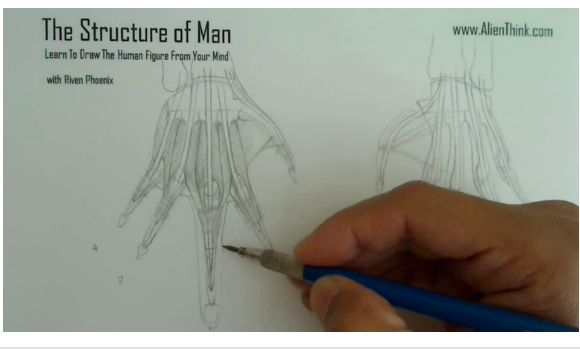
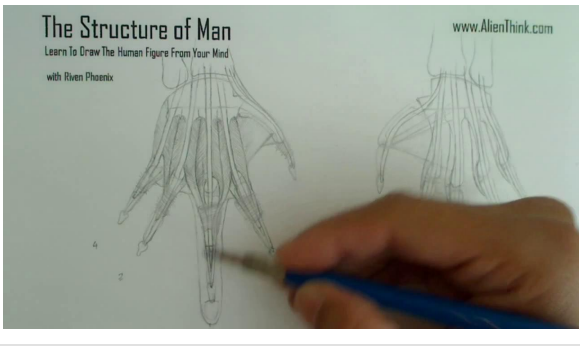
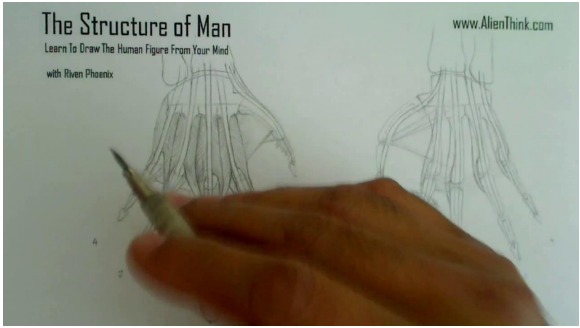
53		they're going to be overlapping the hand, right? So we don't really have to fill this in here,
54		because when we put out the, we're really, we're going to look at the palm area because
55		there's really not much to understand here, just know that I understand where this, where this
56		actually ended up going, right? So if you compare, you can see that okay, number four,

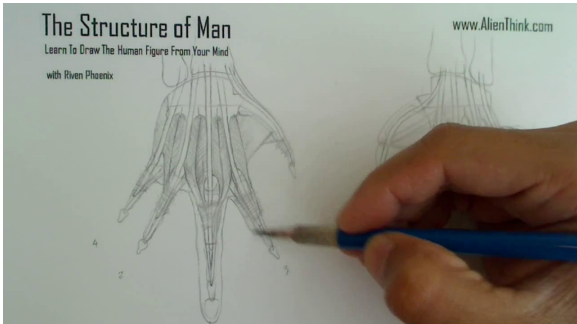
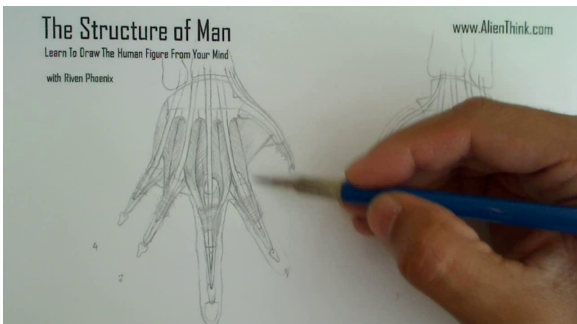
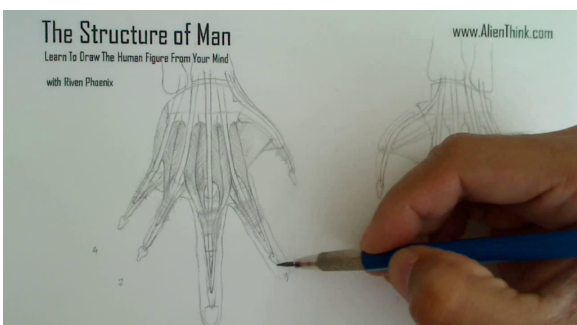
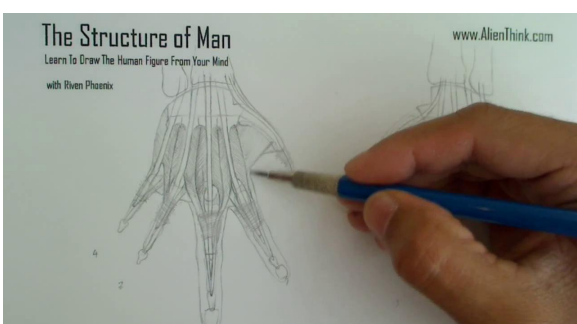
57		number four, number two, number two, and over here, this tells you in the number one that
58		there's another one, right? And then over here, for number three, we know here. So you know that,
59		okay, there's another guy even coming to the index finger, right? So this tells you,
60		you can not only are there four, there's really five, right? But really, this is just coming

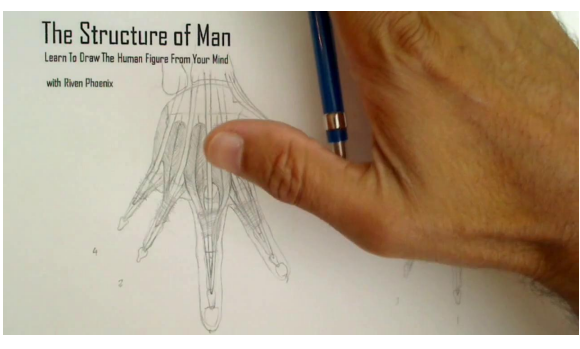
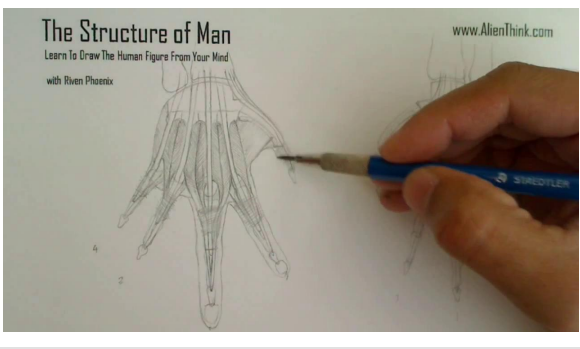
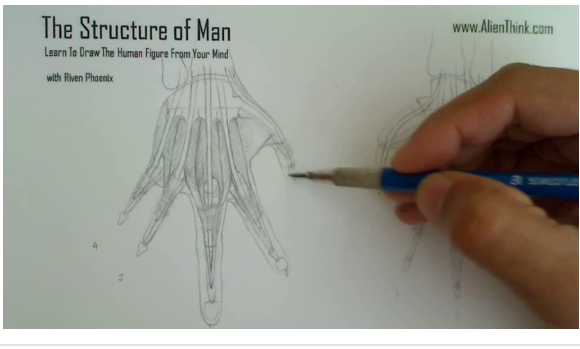
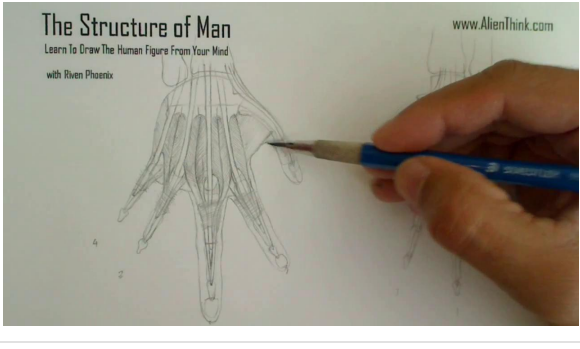
61		from the underneath of the palm area. Okay, so what we want to do is now begin this
62		process of understanding what is supposed to happen here to the top of the hand in the bottom,
63		right? Really, there's all there is to know about this, right? So to understand this,
64		we just need to look at, okay, well, where did I divide the fingers? So what's going to happen is

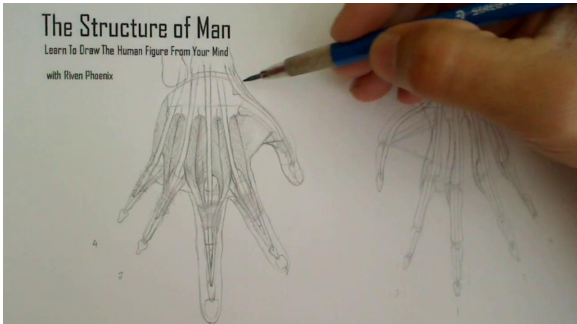
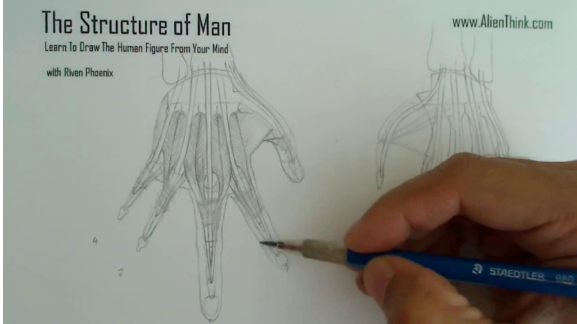
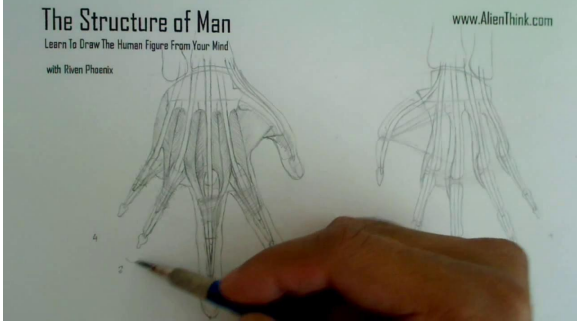
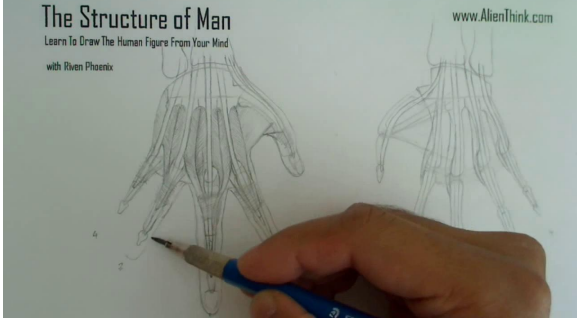
65		that basically you need to understand about this web system that we put that's, that's going to be
66		at least over here, right? We know that this web system is here. So now look what's going to happen
67		automatically, we can now start to put the fascism and that's all there was to understand the top.
68		So when we do this, you can just simply look at your hand to understand this.

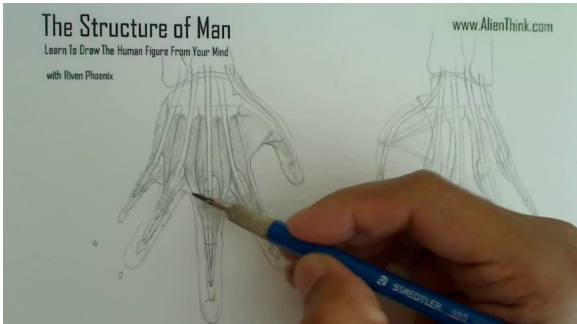
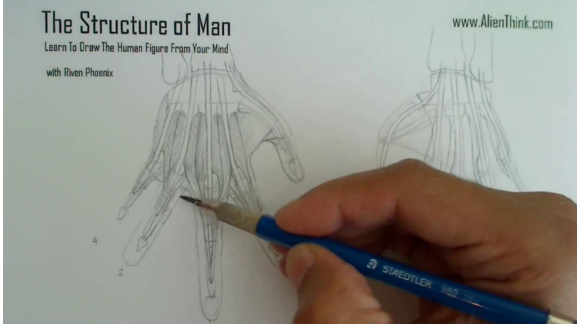
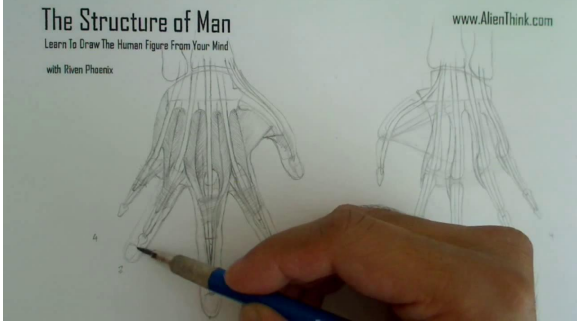
69		That, okay, well, my finger is definitely going to come out here because
70		here's the nail for the finger, right? First, we're going to just put these ideas down simply,
71		just like this, right? Your finger is just going to be like, you know, over here,
72		where we get the bone structure that over here, it's going to come out a bit, right?

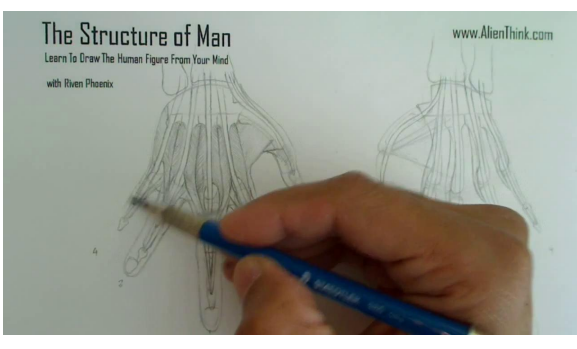
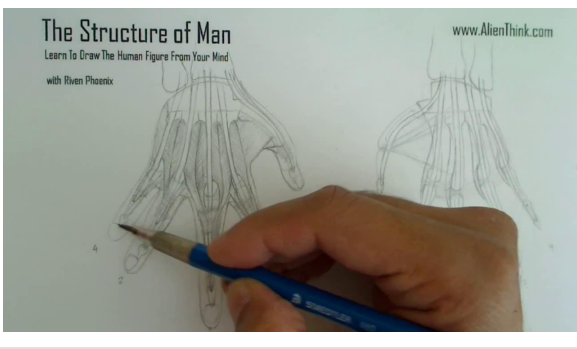
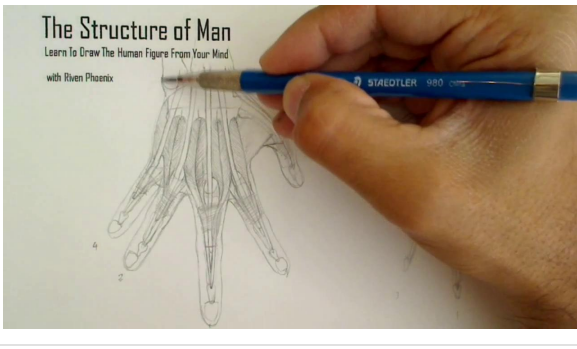
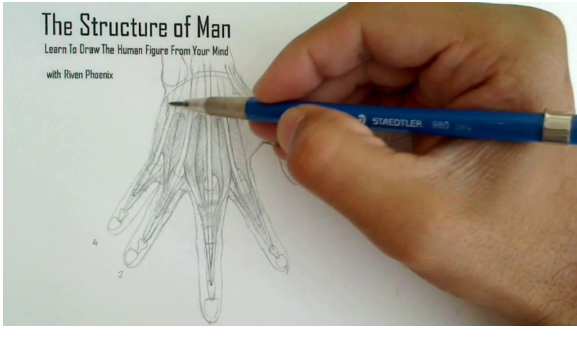
73		These fingers just look at your own finger. I mean, that's the best life, life-growing case
74		to present to yourself that there's no reason to frustrate yourself when you're drawing the
75		hand from the mind because you can not only conceptually can be put the hand down, but we have
76		the actual thing right in front of us always, right? And that's really all there is to understand

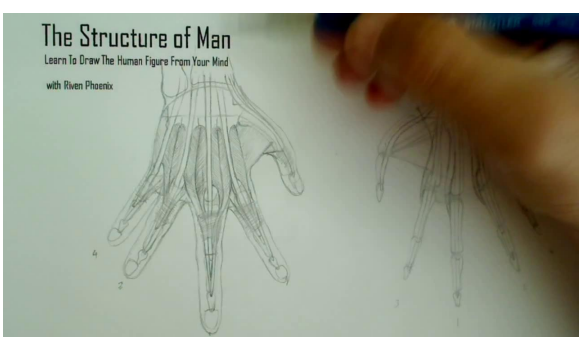
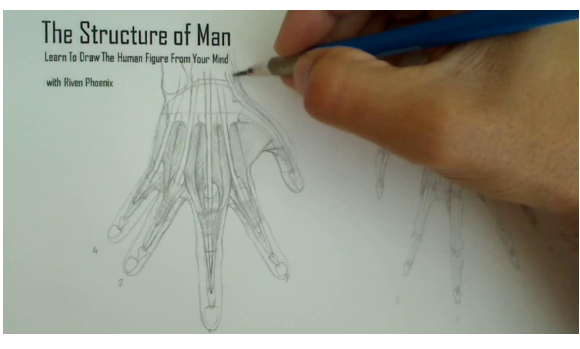
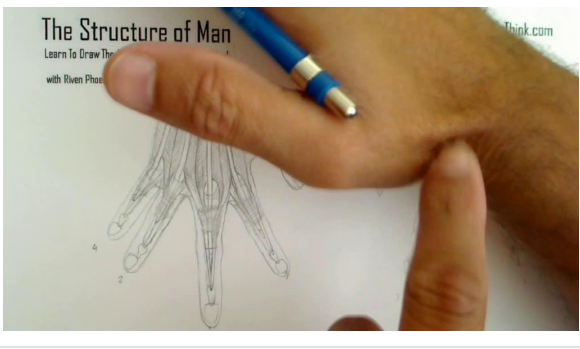
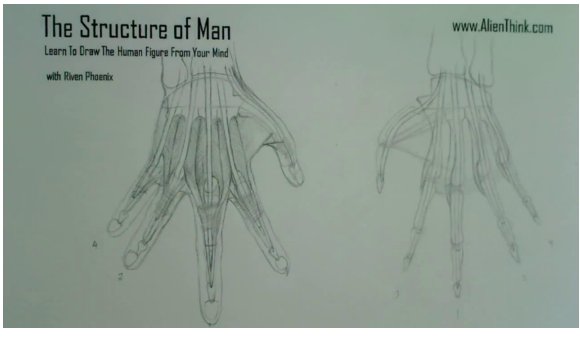
77		about the hand from the top is now you just put down the understandings of this area here.
78		So you know that, okay, right? This area is going to be a little fat over here. I'm going to get this,
79		right? So first, we just want to get the basic idea down that this is just going to go like this,
80		and here I know that this is going to be more, more fatter and I'm going to get these lines

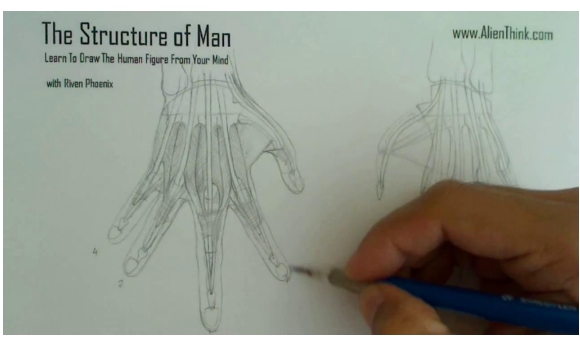
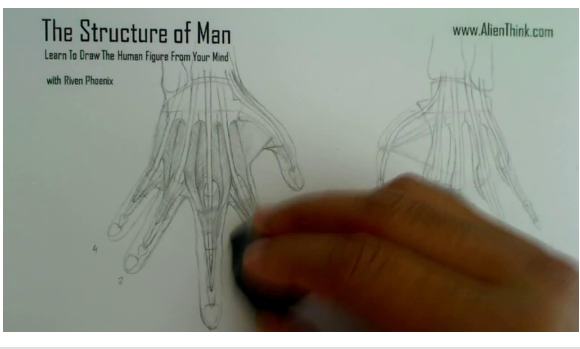
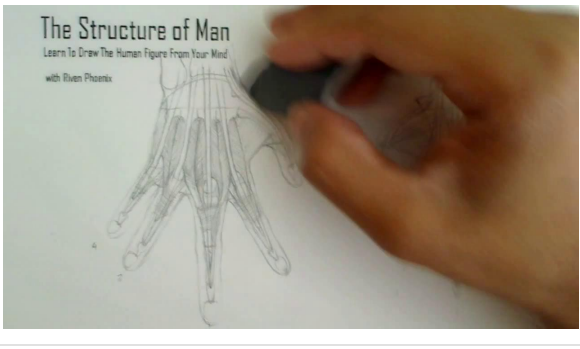
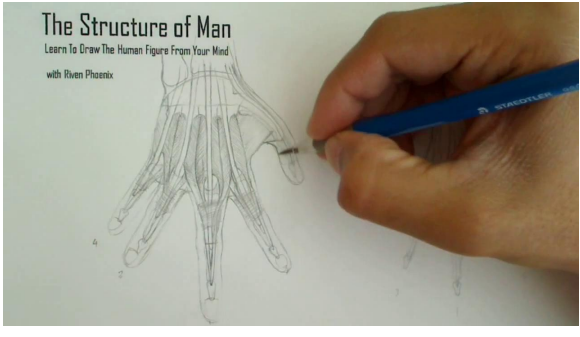
81		like this, right? We'll get like these lines over here. So now what happens over here is just
82		understanding, okay, well, you know what? In the idea of the basic shapes, I really need to understand
83		that this is going away from me over here like this, right? So we're beginning to now
84		see the first incarnations of that idea that we're talking about of basic shapes, right?

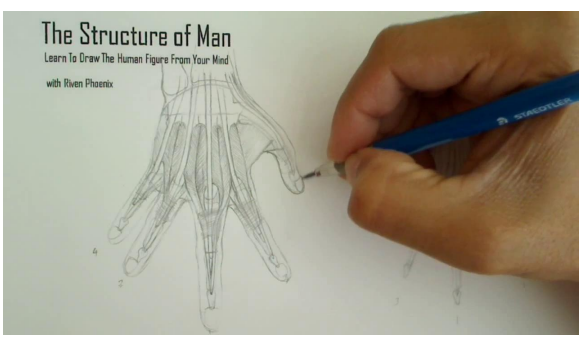
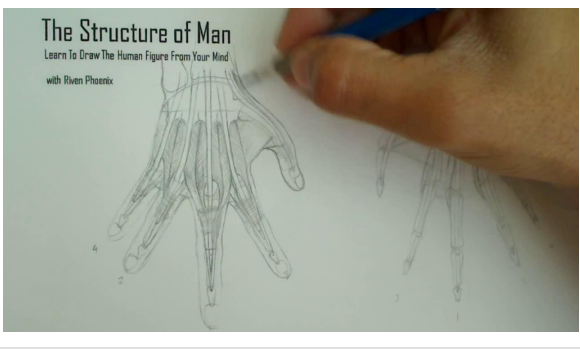
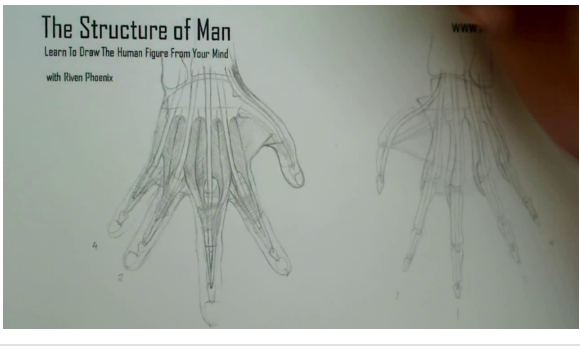
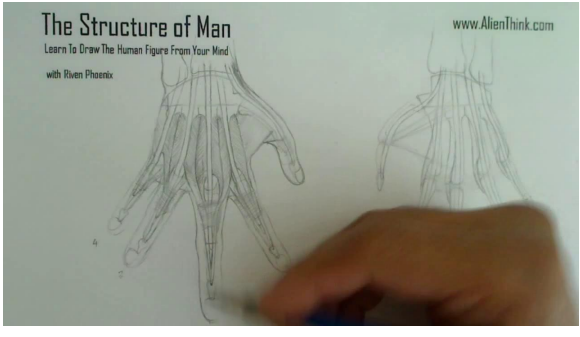
85		All this is going to do is just become a hand just like this. That's how simple it is to understand
86		hands, right? And understanding these ratios, that's all we really needed to know. So you know that,
87		okay, this is just going to come down like this over here, and I know I'm going to get a bump
88		over here, slight bump over here, and this is just going to become the hand like this over here.

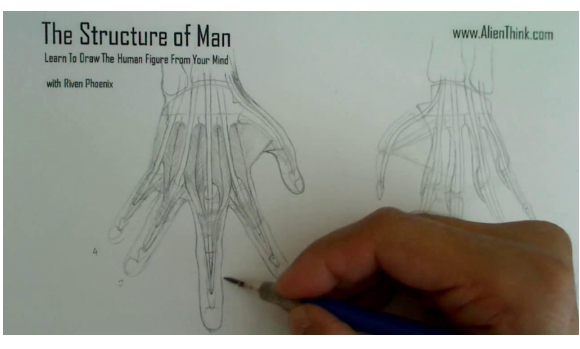
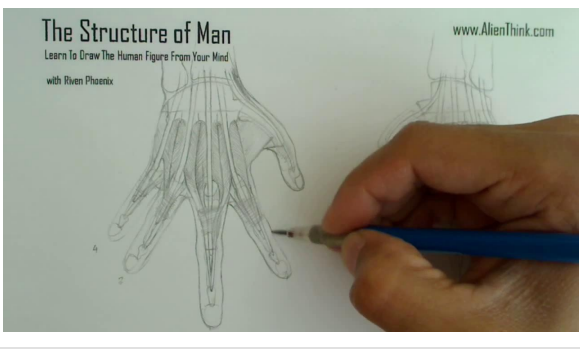
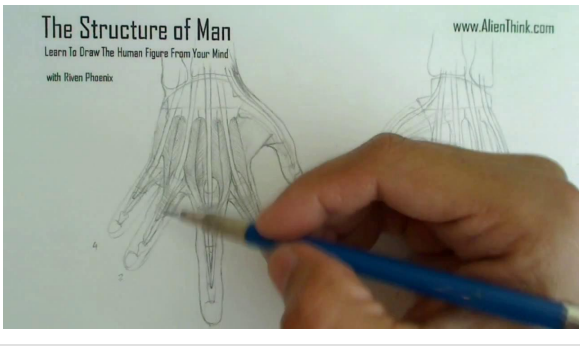
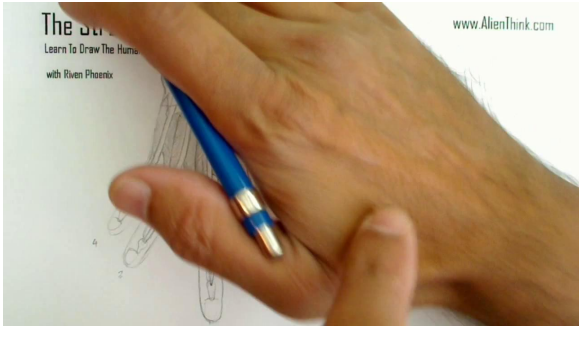
89		So note that this is a web over here, right? So you're going to get it obviously to come in a little
90		bit, right? So first we just want to understand an outline form what's going on really with the hand,
91		right? And then over here, I'm just going to do the same thing, and then over here we already got
92		that guy, right? So meaning that you're going to get a little bit of fat system obviously,

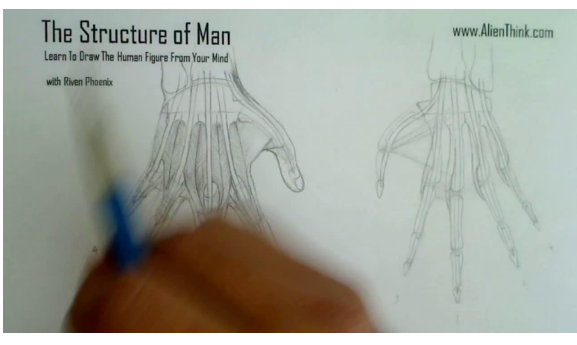
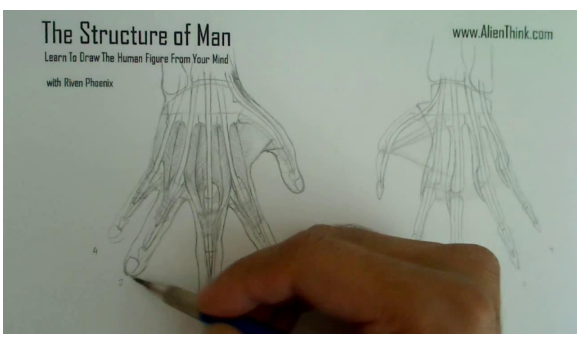
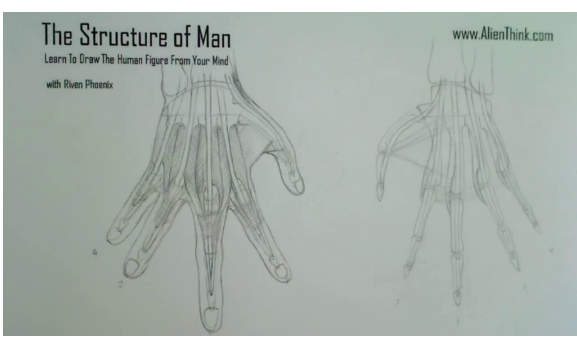
93		and then over here, we're just going to simply make close this off like this,
94		and we're going to get the fingernail like this, right? So obviously over here, this is why we get that
95		bump just like this. So now we're beginning to see where this bump is coming from, right? And then
96		we see the space here, the space, and really what the space is, it has a little bit of that muscle

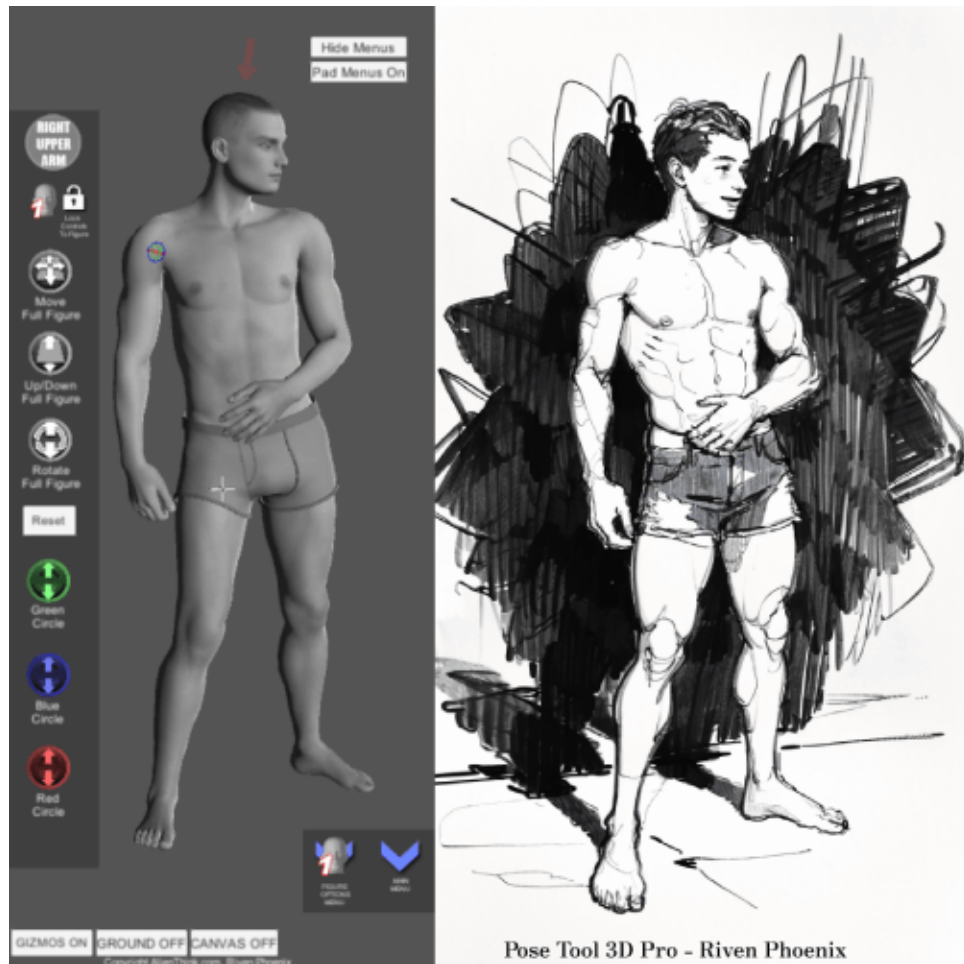
97		over here, and then over here it's just going to simply go like this in its direction, but know
98		that over here we know that right over here I'm going to get like a dip, right? I'm going to get
99		this dip over here, right? And that's it. So this visually gives us a very good understanding
100		of what exactly is going on with the hand, right? So again you can make some of these ideas a

101		longer over here, right? So first you want to put these ideas down just like this, right? So here
102		now we're going to lightly erase these outlines conceptually, we're going to just grasp this concept
103		and now start to slowly develop this hand, okay? So really you can make the hand as realistic as
104		you want, just look at your own hand and just begin to understand, okay, well, I'm beginning to

105		grasp this concept over here like this, and this is just going to go in, and I know that yeah,
106		really depends, this is optional that I'm going to get a dip over here, and all of this is really
107		just going to be surface another, right? And I'm going to get this over here. So first we're just
108		interested in the outline for the hand, right now, right? Look, I'm going to get a little bump

109		here, right? So all of this is just a pulp that surrounds the hand, right? Flash, when there's
110		really no muscles except for the ones that we outline, that's all that's ever has been going on
111		with the hand, right? So we know that this muscle here can be popped up, right? You can see that it's
112		can get popped up depending on what the thumb does. So it's just like surface anatomy of the human

113		body, what muscles contract and compress. Okay, so here I'm just going to make the fingernail like
114		this over here, and so that's good enough for us for now to get this enough, just to get the
115		mind used to this idea. So I'll see you in the next lesson. Thanks.



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